# Health Online: Finding information you can trust

### Using online resources for your health allows you to:

- Find information quickly
- · Check your health symptoms
- · Research diseases
- · Communicate with your doctor or nurse
- Look for wellness tips
- Track your health conditions
- Much more...

### Websites to visit for health information:

- www.medlineplus.gov
- www.cdc.gov/heartdisease/materials\_for\_patients.htm
- · www.mayoclinic.org/patient-care-and-health-information
- · www.familydoctor.org
- · www.healthcare.gov
- www.badgerlink.dpi.wi.gov/?rdt=badgerlinknet
- www.webmd.com
- www.healthline.com

#### For more websites visit:

www.mlanet.org/page/top-health-websites

Remember: Information found on <u>ANY</u> website does <u>NOT</u> replace the advice of medical professionals!



211 S. Paterson St., Suite 260 | Madison, WI 53703 WisconsinHealthLiteracy.org

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# Website Checklist:

Use this checklist to ask some questions about the website and find reliable health information.

### WEBSITE OWNER

Who is in charge of the website?

Why are they providing the site?

Can you contact them?

#### **FUNDING**

How is the website supported?

Are there ads? Are they from the website company or an outside company looking to sell a product or service?

### QUALITY

Where does the information on the site come from?

How is content selected?

Do medical professionals review the information on the site?

Is the site believable and not have far-fetched ideas?

Is it up-to-date?

### PRIVACY

Does the site ask for your personal information?

Does it tell you how it will be used?

Are you comfortable with how it will be used?